College is about preparing for your future – make it a healthy one by eating right - today!

**Get fruits & veggies at every meal!** When it comes to nutrition, fruits and veggies are where it’s at! Aim to fill half of your plate with fruits and veggies.
- Make a large salad from the salad bar loaded with fresh veggies and fruits.
- Pair a sandwich with vegetable soup or side salad.
- Add extra veggies to sandwiches, burgers, wraps, eggs, or sliced pizza.
- Top your baked potato with veggies from the salad bar and salsa.
- Have fruit for dessert.
- Spread peanut butter on an apple instead of toast.

**Vary things up!** Falling into a rut of eating the same foods all the time can leave you short of essential nutrients. So mix it up!
- Mix-n-match food groups for variety – select lean proteins, whole grains, fruits, veggies each day.
- Eat vegetarian on occasion by replacing meats with beans for a great sources of protein and fiber.
- Try a new veggie, soup, or entrée – you may like it.
- Vary the color of the fruits and veggies you choose.
- Combine foods from different stations – place grilled chicken or a burger on a salad instead of a bun!
- Trade the usual cereal and milk for a breakfast parfait with cereal, fruit and yogurt.

**Practice balance & moderation!** Choose healthier items most often, balance less-healthy with healthier foods, and keep portion sizes moderate to allow room for occasional indulgences.
- Pair pizza with a salad.
- Partner your burger with veggie sticks instead of fries.
- Have a cheese omelet made with egg whites instead of whole eggs – and add some spinach.
- Have a small scoop of ice cream over a bowl of strawberries instead of a large sundae.
- Share fries with a friend and have a salad for your entrée.
- Stop when you’re full and don’t linger once you’re done – that will only cause you to nibble.
- Carbs aren’t bad – just keep portions in check with half a bagel or a small portion of pasta.
- Make a healthy salad by piling on the veggies with just a sprinkling of the add-ons.
- Top your sandwich or salad with salsa instead of mayo or dressing.

**Order it your way!** Let the chefs know how you want it and they can often comply. Try these tips:
- Say “light on the cheese” for an omelet with less saturated fat but still the cheesy taste you want.
- Get sauces or dressings on the side of sandwiches and wraps.
- Moderate portion size by ordering half a sandwich – then fill your plate with salad or soup.
- Just say no to fries or other heavy side items that you really don’t need.
- Request light mayonnaise and salad dressings in sandwiches and wraps.
- Order a “healthified” version such as grilled cheese with sliced tomato and spinach.

Other:_____________________________________________________________________________
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